

# Varsity District Meet @ SM South High School

## Thursday, April 21<sup>st</sup> 2011

Contact Info: Please feel free to contact me with any questions. Thanks J.J. Wannamaker  
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- **Team Scoring:** 8-6-4-2-1 (individual) & 8-6-4-2 (relays) [5 team meet scoring procedure]
- **Field Events:** Three preliminary attempts with top 6 advancing to Finals.
- **Running Events:** Finals Only. Make sure you enter accurate marks to ensure proper seeding.
- **Entries:** - 4 Individuals and 1 relay per team. Entries must be declared using the ASPI website.
  - Entry deadline- Wednesday April 20<sup>th</sup> by **11:00 PM**
  - Use the link -- <http://www.aspimeetz.com/14404>

**Remember the JV District meet, Varsity District meet, and KU Relays are for three different sets of athletes. NO ATHLETE COMPETING IN KU RELAYS MAY COMPETE IN DISTRICT MEET.**

**Scratches/Substitutions:** Scratches only - no changes will be allowed the day of the meet.

**Scoring:** Individual 8-6-4-2-1 Relays 8-6-4-2

**Starting Heights:** These may change once entries are considered – start 2 heights below 6<sup>th</sup> place entry?

HJ	Boys 5-6	Girls 4-4
PV	Boys 9-6	Girls 7-0

**Awards:** Medals will be given to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place in all events

**Start Time:** Field Events 3:45 Running Events 4:00

### **Field Events 3:45**

Athletes in the throws, long, and triple jump will get 3 attempts in prelims and 3 in finals.  
We will take 6 to finals.

3:45	Boys Shot	followed by	Girls Shot
3:45	Boys Long Jump	followed by	Boys Triple Jump
3:45	Girls Long Jump	followed by	Girls Triple Jump
3:45	Boys Javelin	followed by	Girls Javelin
3:45	Boys Pole Vault	followed by	Girls Pole Vault
3:45	Girls Discus	followed by	Boys Discus
3:45	Girls High Jump	followed by	Boys High Jump

# **Running Events 4:00**

Finals Only

4:00	G 4 X 800 relay
4:15	B 4 X 800 relay
4:30	G 100 HH
4:40	B 110 HH
4:55	G 100
5:00	B 100
5:05	G 1600
5:15	B 1600
5:25	G 4 X 100
5:30	B 4 X 100
5:35	G 400
5:45	B 400
6:00	G 300 LH
6:10	B 300 IH
6:15	G 800
6:20	B 800
6:25	G 200
6:30	B 200
6:40	G 3200 (may combine)
6:55	B 3200
7:10	G 4 X 400
7:20	B 4 X 400